



# City of Green Bay Employee Newsletter

Thank you for all that you do to make the City of Green Bay a wonderful place to work and a great place to live!

JUNE 2013

VOLUME VI, ISSUE VI

## MAYOR'S COLUMN

### 11<sup>th</sup> Annual Kids' Day June 25!

The 11<sup>th</sup> annual Kids Day will take place throughout the City on Tuesday, June 25, 2013. This day reinforces the City's appreciation of their hard work in school and community volunteerism.

Kids Day offers over 20 events **FREE OF CHARGE** for Green Bay children under 17 years of age. Events include a Bullfrogs baseball game, free rides at Bay Beach, bowling, musical entertainment, swimming, and much more. Kids' Day is a great opportunity to experience all that Green Bay offers for free.

Wristbands are available June 10 to Green Bay youth ages 17 and under at the following locations:

- Bay Beach Amusement Park
- Bay Beach Wildlife Sanctuary
- Green Bay Park, Recreation & Forestry Office
- Brown County Libraries
- Mayor's Office
- Neighborhood Resource Center (Howe & Fort Howard)
- Neighborhood Associations
- Dental Associates
- Colburn, Joannes & Resch Pools (June 8)
- Green Bay Playgrounds (June 12)

For a full schedule of events visit <http://greenbaywi.gov/parks/kidsday>.

Mayor Schmitt

## NEW WORKSITE HEALTH & WELLNESS PARTNERSHIP

The City of Green Bay is pleased to announce a new partnership with Bellin Health to provide worksite health and wellness services for all employees. These **free and confidential** services, in conjunction with the City's benefit programs are designed to support healthy lifestyles for our people.

Jane Weber, RN, BSN from Bellin Health will work with employees and family members on acute and follow-up care for common medical concerns, illness prevention and lifestyle health coaching through both one-on-one appointments and general educational opportunities. She will also be reaching out to individuals to follow-up after Health Risk Assessments (HRAs).



Beginning in June, appointments with Nurse Jane can be scheduled by emailing her at [jane.weber@greenbaywi.gov](mailto:jane.weber@greenbaywi.gov) or by calling 920-448-3101. A copy of her schedule can be found on the Wellness Boards. **An individual does not need to be a Bellin Health patient to access the services, just someone interested in improving their own health.** Employees will be able to see Nurse Jane on company paid time with supervisor approval during free, confidential, 15-minute appointments.

Free, confidential appointments may be scheduled for:

- Health Coaching for lifestyle related issues (i.e. nutrition, exercising, smoking)
- Chronic care management (i.e. diabetes, cholesterol, blood pressure)
- Information on age-appropriate screening and tests

All interactions, services, and medical records are held in strict confidence. **Records will be maintained by Bellin Health** and in accordance with the Health Insurance Portability and Accountability Act (HIPAA). **No one at the City of Green Bay will have access to individual health records.**

## JUNE IS MEN'S HEALTH MONTH

The leading cause of death for males in the U.S. is heart disease—followed closely by cancer. Adhere to a healthy lifestyle to avoid being part of the statistic.

### Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Eating five or more fruits and vegetables a day, little saturated fat and avoiding trans fats can improve health, reducing the risk of cancer and other chronic disease.

### Know Your Risks

Your parents, grandparents, work and home habits, environment and lifestyle all contribute to your health and health risks. These factors may put you at an increased risk for certain diseases or conditions. Since you can't change many of those factors, focus on addressing any negative behaviors you do have control over, such as your diet, activity level or quitting smoking. Make as many healthy changes for your body as you can.

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## HAZARD COMMUNICATION STANDARD: LABELS AND PICTOGRAMS










OSHA has adopted new hazardous chemical labeling requirements as part of its recent revision of the Hazard Communication Standard, bringing it into alignment with the United Nations' Globally Harmonized System of Classification and Labeling of Chemicals (GHS). These changes are to help ensure improved quality and consistency in the classification and labeling of all chemicals and are being adopted to have better information available on the safe handling and use of hazardous chemicals. This change will assist employees to avoid injuries and illnesses related to exposures to hazardous chemical.

Labels from manufacturers of chemicals shipped after June 1, 2015 must be labeled with specified elements including pictograms, signal word and hazard and precautionary statements. (Ref. pictograms and wording examples).

Labeling for employers has not changed and they can provide either labeling that meets the GHS or the OSHA Hazard Communication Standard. As a reminder, if a hazardous chemical from a labeled container is transferred to a secondary container, the secondary container must be labeled.

Stay tuned for updates.

Source: OSHA.gov

<b>Health Hazard</b>  <ul style="list-style-type: none"> <li>• Carcinogen</li> <li>• Mutagenicity</li> <li>• Reproductive Toxicity</li> <li>• Respiratory Sensitizer</li> <li>• Target Organ Toxicity</li> <li>• Aspiration Toxicity</li> </ul>	<b>Flame</b>  <ul style="list-style-type: none"> <li>• Flammables</li> <li>• Pyrophorics</li> <li>• Self-Heating</li> <li>• Emits Flammable Gas</li> <li>• Self-Reactives</li> <li>• Organic Peroxides</li> </ul>	<b>Exclamation Mark</b>  <ul style="list-style-type: none"> <li>• Irritant (skin and eye)</li> <li>• Skin Sensitizer</li> <li>• Acute Toxicity (harmful)</li> <li>• Narcotic Effects</li> <li>• Respiratory Tract Irritant</li> <li>• Hazardous to Ozone Layer (Non-Mandatory)</li> </ul>
<b>Gas Cylinder</b>  <ul style="list-style-type: none"> <li>• Gases Under Pressure</li> </ul>	<b>Corrosion</b>  <ul style="list-style-type: none"> <li>• Skin Corrosion/ Burns</li> <li>• Eye Damage</li> <li>• Corrosive to Metals</li> </ul>	<b>Exploding Bomb</b>  <ul style="list-style-type: none"> <li>• Explosives</li> <li>• Self-Reactives</li> <li>• Organic Peroxides</li> </ul>
<b>Flame Over Circle</b>  <ul style="list-style-type: none"> <li>• Oxidizers</li> </ul>	<b>Environment (Non-Mandatory)</b>  <ul style="list-style-type: none"> <li>• Aquatic Toxicity</li> </ul>	<b>Skull and Crossbones</b>  <ul style="list-style-type: none"> <li>• Acute Toxicity (fatal or toxic)</li> </ul>

## *Recreation Events*

Summer is in full swing and the Parks Department can make your day a fun one!

- Swim Lessons and Open Swim at our outdoor pools
- Bay Beach Amusement Park
- Supervised Playground Program
- Outdoor Basketball and Tennis Courts
- SK8 Park at Joannes Park
- Enjoy a walk on one of our many trails
- Disc Golf at Triangle Sports Area
- AND MUCH, MUCH MORE!!!

Visit our [website](http://www.greenbaywi.gov/parks) for complete programming information: [www.greenbaywi.gov/parks](http://www.greenbaywi.gov/parks)

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### Get Moving

More than 60 percent of American men and women do not get enough physical activity to provide health benefits. For adults, 30 minutes of moderate physical activity on most days of the week is recommended. It does not take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and do not overdo it. Develop one routine or try something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking or jogging.

### Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental health by engaging in activities that help you manage your stress, both at work and home, such as spending time doing your favorite hobby, exercising, reading or doing something else you enjoy. This will help reduce stress and keep you mentally healthy.

### Get Routine Exams

Routine exams and screenings can help save lives. Based on your age, health history, lifestyle and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases and cancers of the skin, prostate and colon. When problems are found early, your chances for treatment and cure are significantly greater, so getting routine checkups can save your life.

Source: M3

## SUMMER SAVINGS TIPS

You can save money throughout the year, but the warm temperatures of summer provide a few additional benefits from the long, warm days, as well as challenges that come from staying cool. Here are some solar-powered savings tips sure to help your bank balance.

- Turn off the air conditioner – Obviously, your air conditioner is no good to you if you never use it, but try to pattern AC use around the weather and time of day. For those times when it's breezy or simply warm, a fan and open windows work just as well and for far less money.
- Replace air conditioner filters – Dirty filters restrict airflow and can cause the system to run longer, increasing energy usage. Experts recommend changing your filters every 30 to 60 days or more frequently if you have pets or allergies.
- Take advantage of long daylight hours – One of the best benefits of the long summer days is reducing the need for lighting in your home.
- Cook outside – Using a stove or oven can create excess heat inside your house. Grilling is one of the best ways to take advantage of the outdoors when the weather is nice—and keeps your indoors cool.
- Let laundry dry outside.
- Plan ahead for future projects – The end of summer is one of the best times of year for big discounts on home and garden materials.

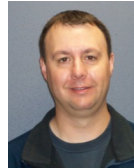
Source: M3

## WELCOME NEW EMPLOYEES

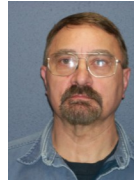
Please take a moment to welcome our newest employees!



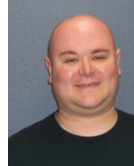
Caleb Barkley - Community Service Intern



Erin Bloch - Police Officer



Craig Brey - Police Officer



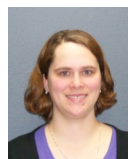
Matthew Dunn - Police Officer



Steven Kauss - Maintenance Specialist II



Zachary Koch - Police Officer



Steven Meisner - Police Officer



Mark Meyers - Community Service Intern



Michael Rahn - Police Officer



Ryan Remondini - Park Maintenance Worker



Mark Retzlaff - Fire Mechanic



Ruben Rodriguez-Delgadillo - Fueler/Service Worker



Stephanie Schmutzer - Senior Accountant (Planning)



Benjamin Wellens - Community Service Intern

## HAPPY ANNIVERSARY!! JUNE ANNIVERSARIES

Thank you for your dedicated service!

### 5 Years

Scott Allen – Water Utility  
Mary Carlson – Police Department  
Thomas Conley – Police Department  
Kail Decker – Law  
Duane Georgia – Transit  
Richard Gretzon – Transit  
Adam Grimm – Public Works  
Chadd Hannan – Public Works  
Michael Luberdia – Police Department  
Gary McDermid – Police Department  
John Nieft – Police Department  
Nicolas Sparacio – Planning  
Jennifer Swisher – Police Department  
David Wiesman – Public Works

### 10 Years

Steven Campshure – Public Works  
Daniel Emmel – Parks, Recreation & Forestry  
Tyler Gerrits – Fire Department  
Jeffrey Huguet – Fire Department

### 15 Years

Thomas Fay – Public Works  
Jamie Phillips – Water Utility

### 20 Years

Michael Dubois – Fire Department  
Christopher Heil – Fire Department

### 25 Years

Glen Cieslewicz – Public Works  
Paul Ebel – Police Department  
Pam Freeman – Public Works

### 30 Years

Sharon Ruby – Public Works

### 35 Years

James Daubner – Water Utility

## COMMUNITY WALKS AND RUNS

**When:** Friday, July 26

**Walk:** American Cancer Society Relay for Life

**Location:** Norbert Hill Center, N7210 Seminary Rd., Oneida

**Time:** 6:00 p.m.

**Website:** [www.relayforlife.org](http://www.relayforlife.org)



## SUPERFOOD TRAIL MIX

1 Tbsp dried cherries  
1 Tbsp golden raisins  
1 Tbsp sunflower seeds  
1 Tbsp roasted soy nuts  
1 tsp mini chocolate chips

Combine 1 tablespoon each dried cherries, golden raisins, sunflower seeds, and roasted soy nuts with 1 teaspoon mini chocolate chips in a zip lock bag; mix.

Nutritional Information: calories: 176; total fat 8 g; cholesterol: 0 mg; sodium: 3mg; total cabs: 24g; dietary fiber: 2g; protein: 7g

Source: [fitnessmagazine.com](http://fitnessmagazine.com)

## HEALTH, PRESCRIPTION OR DENTAL INSURANCE

If you have claim issues or questions regarding the health, prescription or dental insurance plans, please contact the insurance carrier. The insurance carrier contact information can be found on your insurance card. The insurance carriers have Customer Service Representatives that are familiar with our plan(s) and are available for participants to call with any questions they may have.

### Insurance Carrier Contact Information

UMR: 1-800-826-9781

Optum Rx: 1-877-559-2955

Human Dental: 1-800-233-4013

Dental Associates: 1-920-431-0345

## RETIRING IN THE NEAR FUTURE?

### **What to Expect When You Retire**

The Department of Employee Trust Fund's informational brochure, Information for Retirees (ET-4116), is an especially handy reference guide for newly-retired members. Topics covered include: when changes will be made to your payment, how to change financial institutions for your direct deposit, changing tax withholding, and returning to work after retirement. Find Information for Retirees, and many other helpful brochures, on Employee Trust Fund's (ETF) website, under the Forms and Publications menu or call ETF at 1-877-533-5020 to request paper copies.

Source: [eft.wi.gov](http://eft.wi.gov)

